

an affixing means for attaching said bottom panel to a member received on said bottom panel; and

an anchoring means for affixing said first extended region to a structure in a steadfast manner.

10. A tie-down system, comprising:

a second member constructed from a unitary piece of material having a bottom plate;

an extended section emanating from said bottom plate in a substantially similar plane;

an affixing means for attaching said second member to a member resting on said bottom plate; and

an anchoring means for affixing said first extended section to a structure in a steadfast manner.

19. A method for attaching trusses to a preform wall structure having an outer wall and an inner wall wherein a curable material is poured therebetween, the method comprising:

providing a first member of unitary construction having a bottom panel;

providing a first extended region from said bottom panel;

providing a first panel attached to said bottom panel;

placing said truss upon said bottom panel;

attaching said first panel to said truss with an affixing means;

anchoring said first extended region to said curable material with an anchoring means.